

Biographies



BOB BALY, M.A., M.Ed., is an Assistant Director of the New Jersey State Interscholastic Athletic Association (NJSIAA) and the Secretary/Treasurer of the New Jersey Scholastic Coaches Association (NJSCA) in Robbinsville, New Jersey. He has served in both capacities since 2002. Bob also served on NJSIAA's Executive Committee from 1995 - 2001. Prior to joining the NJSIAA, he taught History at Princeton High School and Watchung Hills Regional High School. In addition, Bob was a Head Football Coach for 10 years (winning five conference championships) and was named Coach of the Year four

times. He was appointed the principal of Watchung Hills 1982 and became the superintendent in 1992.

Bob graduated from Union High School where he lettered in football and basketball. He played collegiate football at the University of Delaware, graduating in 1967 with a Bachelor of Arts degree in History. Bob subsequently earned his Master of Arts from Seton Hall University and a Master of Education from Rutgers University.



MATT BRZYCKI, B.S., is the Coordinator of Recreational Fitness and Wellness Programs at Princeton University in Princeton, New Jersey. He has more than 22 years of experience at the collegiate level as a coach, instructor and administrator. His current responsibilities at Princeton University include managing the Stephens Fitness Center and teaching a variety of fitness classes such as Adult Fitness, Introduction to Free Weights, Introductory Strength Training and Women-n-Weights.

Matt served in the United States Marine Corps from 1975-79 which included a 12-month tour of duty as a Drill Instructor. He earned his Bachelor of Science degree in Health and Physical Education from Penn State in 1983.

He has been a featured speaker at local, regional, state and national conferences, clinics and sports camps throughout the United States and Canada. This includes presentations at the U. S. Secret Service Academy; the Princeton University Strength & Speed Camp; the National Strength & Science Seminar; the American College of Sports Medicine's Health & Fitness Summit & Exposition; the Tampa Bay Buccaneer Strength and Conditioning Seminar; and the Toronto Football Clinic. He developed a correspondence course for Desert Southwest Fitness (Tucson, Arizona) that was used by strength and fitness professionals to update their certifications and co-





developed a SWAT (Special Weapons and Tactics) Fitness Specialist Certification Program for law-enforcement and military personnel. Matt has written more than 270 articles/columns on strength and fitness that have been featured in 40 different publications. In addition, he has authored, co-authored and edited 13 books.

Matt developed the Strength Training Theory and Applications class and taught the course to Exercise Science and Sport Studies majors at Rutgers University as a member of the Faculty of Arts and Sciences from 1990-2000. He also developed the Weight Training class and taught the course to Health and Physical Education majors and other students at The College of New Jersey as a member of the Health and Physical Education Faculty from 1996-1999.

He was elected to serve on the Alumni Society Board of Directors for the College of Health & Human Development (Penn State) and is Chair of its Awards Committee. Matt and his wife, Alicia, reside in Lawrenceville, New Jersey, with their son, Ryan.



MARY ANN ELLSWORTH, M.S., R.D., is the Coordinator of the New Jersey 5 A Day Program at the New Jersey Department of Health and Senior Services in Trenton, New Jersey. She completed both her graduate and undergraduate degrees in Food and Nutrition at Marywood University in Scranton, Pennsylvania. Mary Ann is a registered dietitian (R.D.).

She is a contributor to the Nutrition and Physical Activity Chapter of the New Jersey Comprehensive Cancer Control Plan and serves on the steering committee of the New Jersey State Nutrition Action Plan.

Mary Ann's career includes a variety of public and community health settings. She's a former adjunct faculty member of Rutgers University School of Nursing (Camden Campus) and Rowan University Department of Health Education and Exercise Science in Glassboro, New Jersey, as well as Camden County Community College and Gloucester County Community College.



FRED FORNICOLA, B.A., C.P.T., is the President and exclusive personal trainer of Premiere Personal Fitness (www.premierepersonalfitness.com) in Asbury Park, New Jersey. In addition, he serves as a fitness equipment consultant for schools and corporations for Fitness Lifestyles, Inc. (also of Asbury Park).

Fred has been involved in the field of health and fitness for nearly 30 years. He has authored more than 60 articles on health and fitness while maintaining several regular columns on nutrition and training for numerous Internet websites. Also, he is the Editor-in-Chief of the High

Performance Training newsletter and has been published in periodicals such as Master Trainer and Hardgainer.

He received his Bachelor of Arts degree in Business from Stockton College in 1983 and is a Certified Personal Trainer through the American Fitness Professionals and Associates. Fred and his wife, Lori, reside in Oakhurst, New Jersey, with their daughter, Alexa.



JOHN GALLUCCI, JR., M.S., A.T.C., P.T., is the Director of the Saint Barnabas Athlete Training Center in Livingston, New Jersey (a department of the Saint Barnabas Health Care System's Sports Medicine Institute). For the past five seasons, he has also served as an athletic trainer for the New York/New Jersey MetroStars in Rutherford, New Jersey.

John is a veteran of the New York/New Jersey sports scene, having worked in the athletic departments at New York University, Long Island University and Columbia University (NY). He has also served as Head

Athletic Trainer for the former New Jersey Storm of National Lacrosse League, New Jersey Pride of Major League Lacrosse and New York Athletic Club Wrestling Team. John has been the sports medicine consultant for many local and national athletic clubs and teams, most recently the former New Jersey Gladiators of Arena Football. He has also served as a trainer and advisor for "Rediscovering Youth Sportsmanship," a program that has been presented to thousands of parents and coaches of young athletes in New Jersey, Colorado, Minnesota and Canada.

A native of Staten Island, John earned his Bachelor of Arts degree in Political Science from the College of Staten Island in 1990 and his Master of Science degree in Athletic Training and Sports





Science from Long Island University in 1993. He earned his second master's degree in Physical Therapy from Dominican College (NY) in 2004.

John, his wife, Dawn, and their children, Stephanie and Charlie, reside in Staten Island, New York.



PHOTO BY BARD MARTIN

MICHAEL D. GREENBLATT, B.S., is a fitness trainer at numerous facilities including MSNBC-TV, CNBC-TV, Lucent Technologies, Johnson & Johnson/Ethicon and the Rhodia Corporation. He has instructed many circuit training classes at CNBC-TV. During the summer months, Michael oversees off-ice conditioning for young figure skaters at the Wall Sports Arena in Farmingdale, New Jersey.

Michael was a fitness trainer at Monmouth University from 1993 – 1999. At the school, he began training future U. S. Women's National Soccer Team Member and gold-medal winner, Christie Pearce-Rampone. (Michael is training Christie for her third World Cup in 2007 and third Olympics in 2008.) Michael also worked as a fitness supervisor at Princeton University in Princeton, New Jersey from 2000 – 2001. During this time, he trained All-American 10-Meter Platform Diver, Danielle Stramandi.

He is also an actor and model. Michael played the personal trainer of Susan Lucci (Erica Kane) in several fitness scenes on All My Children. In addition, he trained Rhea Perlman (Carla) of the long-time television show Cheers. He appeared in the Academy Award-winning movie A Beautiful Mind. Other credits include Rear Window, Deep Impact, Bedtime Stories and The Yards. His biggest print-modeling job was a billboard for New York Transit.

From May 1992 – March 1994, Michael held the title of Mr. New Jersey, making 165 appearances (many for worthwhile charities). He's a staff judge for the Miss America Pageant Organization, having judged Miss New Jersey America Preliminary Pageants since 1994.

Michael received his Bachelor of Science degree in Psychology from Monmouth University in West Long Branch, New Jersey. In college, he played varsity tennis (serving as the captain) and soccer.

Michael resides in Ocean Township, New Jersey.



JOE HADGE, M.Ed., S.A.C., C.P.S., is the Coordinator of the Alcohol and Drug Education Program at The College of New Jersey (TCNJ) in Ewing, New Jersey. He's also an assistant coach for the Wrestling Team at TCNJ, guiding more than 30 student-athletes to All-American honors.

An accomplished wrestler, he graduated from Toms River High School East (NJ) as a three-time state freestyle finalist. Joe received an athletic scholarship to Louisiana State University and wrestled there before transferring to Penn State where he earned All-American honors.

Joe returned to the Toms River School District as a Substance Awareness Coordinator. There, Joe coordinated various programs with the community such as Parents as Partners in Reading; Cross Age Tutoring/Homework Club; and Family Math.

Joe entered into higher education at Monmouth University as a staff member in the Office of Student Life as well as an undergraduate and graduate adjunct professor. At the school, he was a catalyst for policy implementation, wrote and implemented a number of grants focusing on college age drinking and chaired the Central New Jersey Consortium on Alcohol and Other Drug Prevention.

He earned his Master of Education degree from Springfield College (MA) while on a teaching fellowship. Joe is a certified Student Assistance Counselor (S.A.C.) and a Certified Prevention Specialist (C.P.S.). At TCNJ, he utilizes the Social Norms Theory as a key strategy for successful educational campaigns that expose the misperceptions surrounding the drinking behavior of college students. Joe created the New Jersey Peer Institute – a conference now in its fifth year – that provides peer educator/leader training and a forum to collaborate and showcase their programmatic successes. Most recently, Joe was awarded the prestigious Helen Shaw Staff Special Achievement Award for his commitment to excellence and outstanding achievement and contributions as a dedicated staff member at TCNJ.





JEANNE HOGAN, B.S., C.S.C.S., is a personal trainer and creator of Performance Golf, a golf-conditioning program that includes her instructional video. She earned her Bachelor of Science degree in Health and Physical Education with concentration in Corporate Fitness from The College of New Jersey in 1999. Jeanne is a Certified Strength and Conditioning Specialist (C.S.C.S.) through the National Strength and Conditioning Association and is a member of the American Council on Exercise. She's also a group fitness instructor at several fitness facilities in Mercer County, including The Fitness Corner, the Pennington-Ewing Athletic Club (PEAC) and the Merrill Lynch Corporate Fitness Center. Jeanne and her husband, Geoffrey, reside in Pennington, New Jersey, with their daughter, Lindsey.



DENNIS M. JARVIS, B.S., C.S.C.S., is a teacher of biology and anatomy and physiology at West Morris Mendham High School in Mendham, New Jersey. Previously, he served as a fitness supervisor and personal trainer at Princeton University in Princeton, New Jersey. Dennis earned his Bachelor of Science degree in Exercise Science from Rutgers University in 2000. Dennis is a Certified Strength and Conditioning Specialist (C.S.C.S.) through the National Strength and Conditioning Association. He has worked with athletes at both the scholastic and collegiate levels. Dennis and his wife, Briane, reside in Budd Lake, New Jersey.



RHONDA JOHNSON, B.A., is the Assistant Coordinator of Recreational Fitness and Wellness Programs at Princeton University in Princeton, New Jersey. She earned a Bachelor of Arts degree in Business Management and Speech Communication Studies from Gustavus Adolphus College (MN) in 2000. Previously, Rhonda managed the Sports Afloat Program onboard a variety of Norwegian Cruise Line ships in Alaska, New England, the Caribbean, the Mediterranean, the Panama Canal and the West Coast. She has spent four years guiding bike and adventure trips in Glacier National Park (MT), Waterton Lakes National

Park (Alberta, Canada), New England, Utah and Wyoming as well as the Tour de France.

Rhonda is certified as a Group Fitness Instructor through the Aerobics and Fitness Association of America and a certified Spinning Instructor through Johnny G's Mad Dogg Athletics. She's also certified as a Personal Trainer through the National Exercise Trainers Association. In addition, Rhonda has instructed group-exercise classes since 1997 in a variety of settings.

She is working on her Master of Science degree in Public Health at The University of Medicine and Dentistry of New Jersey with an emphasis in Health Education, Behavioral Science and Environmental Health. Rhonda resides in Princeton, New Jersey.



JESSICA L. KENIA, B.S., is the Membership Coordinator at the Pennington-Ewing Athletic Club (PEAC) in Ewing, New Jersey. At PEAC, she's also a personal trainer and works with new members by orienting them and developing exercise programs. Previously, she worked as a fitness supervisor and personal trainer at Princeton University in Princeton, New Jersey. Jessica was also a fitness coach at The Milestone Club in Princeton, New Jersey, where she administered an extensive battery of fitness tests to members.

In 2003, she appeared on the cover of the U.S. 1 Health & Fitness Directory. Jessica received her Bachelor of Science degree in Exercise Science from The College of New Jersey. In the future, she plans to pursue a Master of Science degree in Biomechanics at Barry University (FL). Jessica also has interests in art, writing, hiking and the outdoors.



SUE LACHENMAYR, M.P.H., C.H.E.S., is a Program Development Specialist in Aging at the New Jersey Department of Health and Senior Services, Division of Aging and Community Services in Trenton, New Jersey. She earned a Bachelor of Arts degree in Psychology from Douglass College (Rutgers University) in 1995 and her Master of Public Health degree in Health Education and Behavioral Science from The University of Medicine and Dentistry of New Jersey in 1997. She's a Certified Health Education Specialist (C.H.E.S.) and serves as a resource person on aging issues, including arthritis and osteoporosis, to

the New Jersey Council on Physical Fitness and Sports. Sue and her husband, Bill, reside in Lebanon Borough, New Jersey.



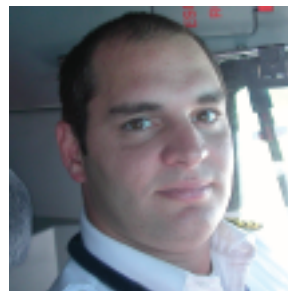


RICHARD LEVANDOWSKI, M.D., DABFP, CAQ-SM is the Director of Primary Care Orthopedic and Sports Medicine at the Princeton Musculoskeletal Institute in Lawrenceville, New Jersey. After completing his undergraduate studies at Princeton University and obtaining his Master of Medical Science from Rutgers University, he earned his Doctor of Medicine (M.D.) from The University of Medicine and Dentistry of New Jersey (UMDNJ) - Robert Wood Johnson Medical School.

Dr. Levandowski is a clinical associate professor at both UMDNJ - Robert Wood Johnson and New Jersey Medical Schools. He is also a board member of Special Olympics New Jersey, the Medical Society of New Jersey Sports Medicine Advisory Board and other community boards that are involved in education. Dr. Levandowski is a Diplomat of the American Board of Family Practice (DABFP) and holds a Certificate of Added Qualifications in Sports Medicine (CAQ-SM).

He has traveled throughout the United States and the world, serving as a team physician for the U. S. Olympic Committee at several sports festivals and the Pan American Games; the U. S. Track and Field Team at the World Championships; the Intercollegiate Tennis Association; and various teams while working at Princeton University. Additionally, Dr. Levandowski is the school and team physician for many local universities, colleges, private high schools and clubs in the Princeton area.

Dr. Levandowski continues to participate in many physical activities, including kayaking, hiking, and rock climbing.



MARK J. LEWIN, B.S., is a captain with Continental Express Airlines based in Newark, New Jersey. He earned his Bachelor of Science degree in Aviation Management from Florida Institute of Technology in 2000.

Aside from being an airline pilot, Mark works part-time as a fitness supervisor at Princeton University in Princeton, New Jersey. The combination of the two jobs has been his inspiration to write about how to stay fit on the road. Whether competing as a weightlifter or varsity athlete or simply roller blading recreationally, health and exercise has always been important to him. Mark and his wife, Iris, reside in

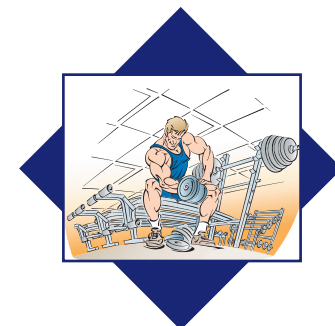
Hamilton Square, New Jersey.



JEFF MARMELSTEIN, M.S., C.P.T., C.C.E.S., C.M.E.S., is the Fitness & Personal Training Director for The Club at Woodbridge, in Woodbridge, New Jersey. He earned his Bachelor of Arts degree in Health and Physical Education from Westmar University (IA) in 1986 and his Master of Science degree in Exercise Science and Human Performance with a specialization in Sports Medicine from Michigan State University in 1989.

Jeff is a Certified Personal Trainer (C.P.T.) through the National Strength and Conditioning Association; a Certified Clinical Exercise Specialist (C.C.E.S.) and a Certified Personal Trainer (C.P.T.) through the American Council on Exercise; a Certified Medical Exercise Specialist (C.M.E.S.) through the American Academy of Fitness Professionals; and Certified in Special Populations by the world-renowned Cooper Institute for Aerobic Research in Dallas, Texas.

Previously, he was an adjunct instructor in Exercise Science at Rutgers University. Jeff has served on the Woodbridge's Mayors Council on Fitness and Sports since 1991. An avid long-distance cyclist, he recently completed a ride from San Francisco to Los Angeles. Jeff and his family reside in Jackson, New Jersey.



MARY JANE MYSLINSKI, P.T., Ed.D., is an associate professor in the Doctoral Program in Physical Therapy at The University of Medicine and Dentistry of New Jersey. She earned a Bachelor of Science degree in Physical Therapy from Boston University, a Master of Arts degree in Cardiopulmonary Rehab from New York University and an Ed.M. and Ed.D. in Applied Physiology from Columbia University (NY).

Dr. Myslinski's areas of teaching encompass applied/exercise physiology, cardiopulmonary physical therapy and medical screening and differential diagnosis. Her research focuses on the effects of exercise on chronic diseases. She still practices as a physical therapist in an outpatient setting that focuses on musculoskeletal pathologies.





WILLIS F. PAINE, H.F.I., is the Fitness Director for Kokopelli Private Fitness in Princeton, New Jersey. He has more than 23 years of experience in the fitness industry. This includes teaching physical-education classes at both the scholastic and collegiate levels. Willis has also served as an N.C.A.A. Division I Strength and Conditioning Coach and has been a consultant in the development of strength and conditioning programs for professional and Olympic athletes.

Willis works as an intern coordinator with physical-education majors from several New Jersey colleges. He's certified as a Health and Fitness Instructor (H.F.I.) by the American College of Sports Medicine. Willis and his wife, Carol, reside in Princeton, New Jersey.



RACHAEL E. PICONE, M.S., is an adjunct instructor of Health Education for the Department of Health, Exercise Science and Dance at the County College of Morris in New Jersey. Rachael earned her Bachelor of Science degree in Exercise Science from Rutgers University and her Master of Science degree in Exercise Physiology from The University of Massachusetts.

Rachael has more than 15 years of diverse experience with a professional history encompassing cardiac rehabilitation, health education and promotion, sports and leisure management and personal training. She has benefited from tenures in both educational and corporate positions, most notably as the Assistant Fitness Director at Princeton University and Assistant Supervisor of corporate fitness centers for AT&T.

Rachael has spoken throughout the northeastern United States on a wide variety of health and fitness topics, ranging from the more mainstream (such as strength training and aerobic fitness) to the more esoteric (such as women's health issues, vegetarian nutrition and career planning for the fitness professional). She has authored numerous articles for several trade publications (such as Fitness Management and Club Industry) and popular websites and is a contributing author to

Maximize Your Training: Insights from Leading Strength and Fitness Professionals (McGraw-Hill, 1999) and co-author of The Female Athlete: Train For Success (Wish Publishing, 2004).

In her spare time, Rachael enjoys hiking, mountain biking, traveling, photography and reading. She also regularly volunteers for charity and fundraising events for established organizations, including the American Heart Association, the American Cancer Society and the Visiting Nurse Association, New Jersey Chapters.

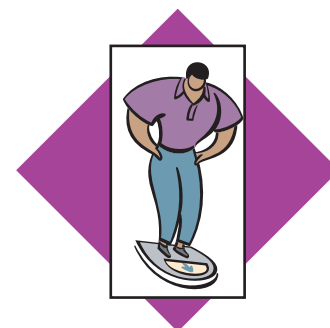


BEN SCHAFFER, M.S., is the Past Chairman of the New Jersey Council on Physical Fitness and Sports. He's also the Vice President of Recreation for the New Jersey Association for Physical Education and Dance and board member of the National Association for Health and Fitness. Ben teaches at Montclair State University and Kean University. He earned his Master of Science degree from Montclair State University.

As a community recreation administrator for more than 35 years, he specializes in the creation of community health and fitness programs such as his Senior Aerobics program, SHAPE program for the handicapped, SHARP program for employee fitness, SMILE program for community fitness, adaptive sports programs for the less skilled youth, fitness program for Living with Cancer patients, Senior Olympics programs, health and fitness festivals, workshops and conferences. He's a member of the New Jersey 65+ all-star basketball that plays in tournaments across the country, a triathlete, biker, swimmer, hiker and runner.



DOUGLAS SCOTT, B.S., C.S.C.S., is the Fitness Coordinator at The Pingry School in Martinsville, New Jersey. In addition to overseeing the physical fitness programs of the students and faculty, Douglas teaches physical-education classes. His other duties include designing and implementing strength and conditioning programs for all of the school's 28 varsity and junior varsity athletic teams; designing individual workouts for the students and faculty; performing and evaluating fitness-testing data; and teaching middle-school children during a fitness class. He also works alongside the athletic trainers to strengthen injured athletes





before they return to the playing fields. Finally, Douglas serves as an adjunct teacher in anatomy and physiology, educating students on the physiological changes that exercise can produce.

Besides being a full-time educator, he is a partner in a small personal-training business that deals with clients of all ages and ability levels. Douglas authored several articles for various publications, including the High Performance Training newsletter.

Douglas earned his Bachelor of Science degree in Physical Education with a concentration in Exercise Sciences from East Stroudsburg University (PA) in 1998. He's a Certified Strength and Conditioning Specialist (C.S.C.S.) through the National Strength and Conditioning Association. Douglas and his wife, Kimberly, reside in Roselle Park, New Jersey, with their daughter, Emily.



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She is the Treasurer of the Greater New York Chapter of the American College of Sports Medicine and is certified as a Health and Fitness Instructor by the American College of Sports Medicine. Felicia is the Nutrition Coordinator of the ING New York City Marathon. Finally, she's the Chairwoman of the Marlboro Township Mayor's Health and Fitness Committee.

A nutritionist and exercise physiologist, Felicia has a private practice in Manalapan (NJ) and New York City and has been an adjunct instructor at Brookdale Community College (NJ) since 2000. Her corporate consulting work includes Nike, Goldman Sachs, FIT and the Monmouth County Park System. She's sought after by various media outlets – including television, print and radio – as an authority in nutrition and fitness. Felicia resides with her family in Morganville, New Jersey.

FELICIA D. STOLER, M.S., R.D. is a Registered Dietitian and the President of the New Jersey Dietetic Association. She earned her Bachelor of Arts degree in Political Science and Sociology from Newcomb College, Tulane University (LA) in 1989 and her Master of Science in Applied Physiology and Nutrition from Teachers College, Columbia University (NY) in 1999 as well as completion of her dietetic internship in 2000. Felicia is currently a doctoral student in clinical nutrition at the School of Health Related Professions, The University of Medicine and Dentistry of New Jersey. Her research is in

